YORK® FITNESS

OWNER'S GUIDE

*inspiration***treadmill**

ver. 09.01.2009 / 51094

SAFETY INFORMATION

DISCLAIMER

While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. York Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of York Fitness.

York Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

ASSEMBLY PRECAUTIONS:

FAILURE TO FOLLOW THE PROCEDURES BELOW MAY RESULT IN SERIOUS INJURY DUE TO THE OPERATION OF THE PINCH POINT AREA BETWEEN THE RUNNING GEAR AND THE UPRIGHT FRAMES.

- Do not tip the box on its side with the treadmill still in it.
- Do not move the treadmill out of the box until the unit has been assembled:
    1. *Lay box on a stable, flat surface and ensuring the top side is facing up.*
    2. *Collapse all four sides of the box before commencing unit assembly in accordance with the assembly instructions.*
    3. *Once assembled, only move the treadmill out of the box on its wheels while the deck is in the folded and locked position.*
- Once assembled and removed from the box do not tip the treadmill on its side.
- Only fold and move the treadmill strictly in accordance with the Operation Instructions called - “Storage” and “Moving The Treadmill”.

SAFETY KEY:

- This treadmill is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls, the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.

OPERATION PRECAUTIONS:

- Before use, always ensure that the treadmill is positioned on a solid, flat surface. Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- The safety level of the treadmill can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately. If you are in any doubt, do not use the treadmill. Contact CUSTOMER SUPPORT.
- Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- In an emergency, take hold of the handrails and place your feet on the side platforms provided. Once you are stable, pull out the safety key. The treadmill will begin to decelerate until it stops.
- Never overload the treadmill (See Maximum User Weight on next page).
- Never use the treadmill in any manner other than the way explained in these instructions and / or any wall-chart supplied.
- Do not put the treadmill on its side - injury could result by the closing of its base to the arms.
- To prevent possible damage of the electronics from lightning strikes or electrical surges this equipment needs to be kept switched off and unplugged when not in use.
- It is recommended that a surge protector is used with this equipment.

SAFETY INFORMATION

OTHER PRECAUTIONS:

- Parents and others in charge of children should be aware of their responsibility. The playful instinct of children can lead to situations and behavior for which this equipment is not intended.
- If children are allowed to use this equipment, their mental and physical development and above all their temperament should be taken into account. They should be instructed, controlled and supervised at all times so that the equipment is only used correctly and in accordance with this safety information.
- This equipment is under no circumstances suitable as a children's toy.
- Please keep all children away from this equipment when in use. Do not in any circumstances allow children to climb on or play with the equipment when it is not in use.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this equipment by a person responsible for their safety.
- This equipment is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control. **FOR INDOOR USE ONLY**.
- Clean only with a damp cloth. Do not use solvent cleaners.
- Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

FITNESS PRECAUTIONS:

Before you undertake any program of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be first approved by your doctor and then the equipment used strictly in accordance with any directions or recommendations from your doctor.

If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.

EXERCISE PRECAUTIONS:

- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels.
- Tie all long hair back.
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.

MAX. USER WEIGHT: 110KG

SAFETY STANDARDS

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 6 - class HC / BSEN60335 - 1. Therefore the product carries the following marks:

PROTECT THE ENVIRONMENT BY NOT DISPOSING OF THIS PRODUCT OR BATTERIES WITH HOUSEHOLD WASTE. CHECK YOUR LOCAL AUTHORITY FOR RECYCLING ADVICE AND FACILITIES.

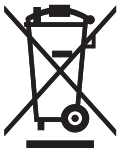

TABLE OF CONTENTS

Thank you for choosing

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the equipment and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.

TABLE OF CONTENTS

Safety Information ..... 02 - 03
- *Disclaimer 02*
- *Assembly Precautions 02*
- *Safety Key 02*
- *Operation Precautions 02*
- *Other Precautions 03*
- *Fitness Precautions 03*
- *Exercise Precautions 03*
- *Max. User Weight 03*
- *Safety Standards 03*

Table Of Contents 04

Customer Support 05

Assembly Instructions ..... 06 - 10
- *Getting Started 06*
- *Hardware Identification Chart 06*
- *Assembly Instructions ..... 07 - 10*
- *Final Check 10*

Operation Instructions ..... 11 - 16
- *Safety Key 11*
- *Adjusting Running Mat Tension / Alignment 11*
- *Quick Start 12*
- *Console Display And Feedback 12*
- *Button Functions 12*
- *Manual Program 13*
- *Target Programs 13*
- *Pre-set Programs 13*
- *Monitoring Your Heart Rate 13*
- *Storage 14*
- *Moving The Treadmill 14*
- *Adjusting The Incline 14*
- *Storage / Cleaning / Lubrication 15*

Fitness Guide ..... 16 - 17
- *Starting Your Workout 16*
- *Finishing Your Workout 16*
- *Correct Running Form 16*
- *How Long Should I Exercise For? 16*
- *Heart Rate Training 17*
- *Calculating Your Target Heart Rate 17*
- *Target Heart Rate Zone Estimated By Age 17*

Troubleshooting 18

Warranty 19

Part List 20

Exploded Drawing 21

CUSTOMER SUPPORT

PLEASE RETAIN

We suggest you record the serial, original purchase date, and place of purchase below:

_____

Serial no.
This can be found on the sticker located as indicated.

_____

Original purchase date.

_____

Place of purchase.

Should you require any assistance regarding this product please gather the following information:

- Information about the place and conditions of use.
- Precise description of the issue / defect.

IT IS ALSO IMPORTANT TO KEEP YOUR RECEIPT AS PROOF OF DATE OF PURCHASE OR WARRANTY MAY BE DENIED.

CONTACT INFORMATION

York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England
Tel: (01327) 701800
Help desk Tel: (01327) 701824
Fax: (01327) 706704
Email: helpdesk@yorkfitness.co.uk

York Fitness (Australia) Pty. Ltd.

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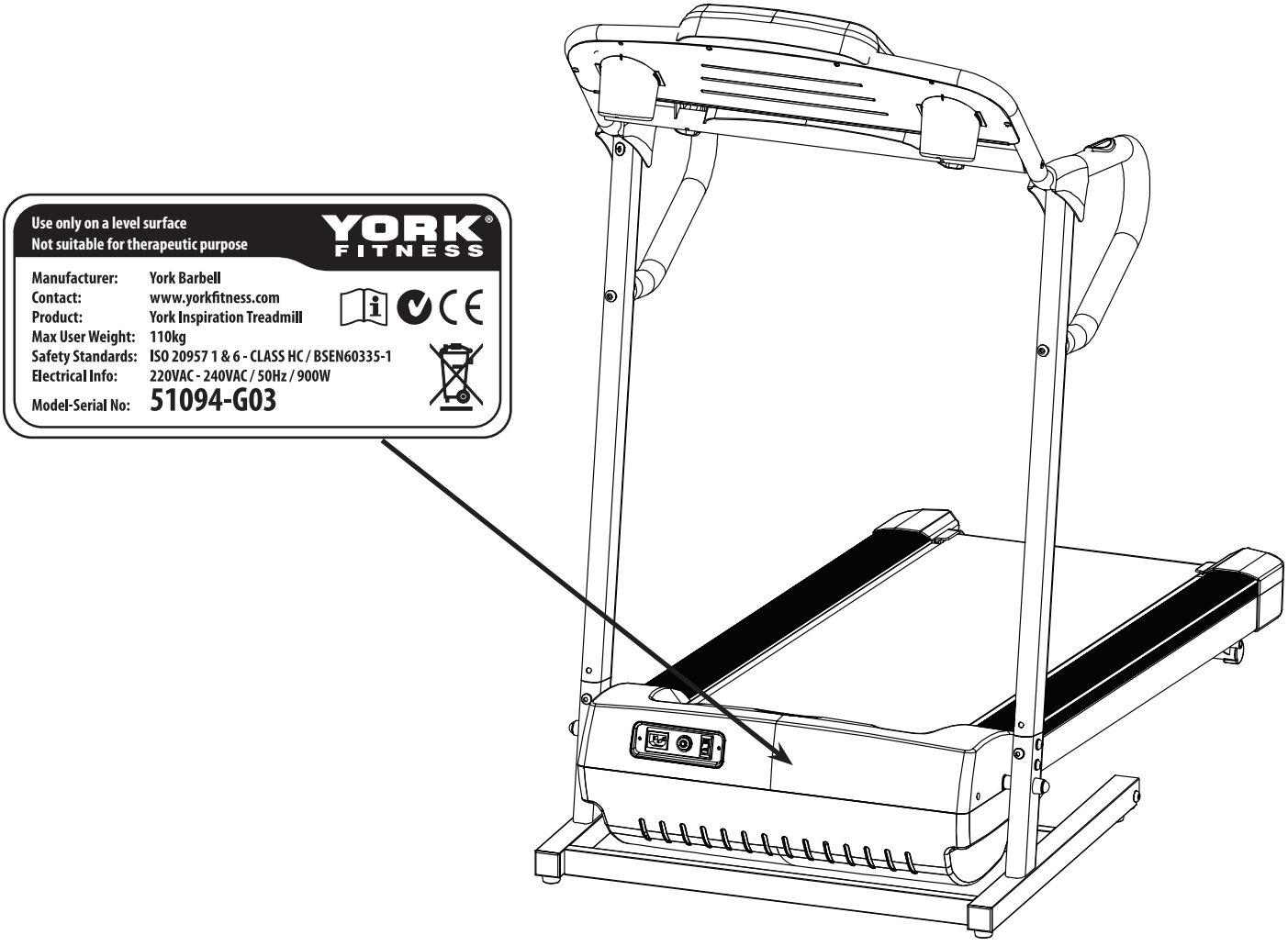
Tel: (02) 9603 8444
Help desk Tel: 1800 730 149
Fax: (02) 9603 8555
Email: service@yorkfitness.com.au


Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: York Inspiration Treadmill
Max User Weight: 110kg
Safety Standards: ISO 20957 1 & 6 - CLASS HC / BSEN60335-1
Electrical Info: 220VAC - 240VAC / 50Hz / 900W
Model-Serial No: 51094-G03

ASSEMBLY INSTRUCTIONS

GETTING STARTED

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

Part 74 x 1
CABLE INSERT

Part 111 x 1
SAFETY KEY

Part 52 x 1
POWER CABLE

Part 40 x 2
PLASTIC BOLT CAP

Part 80 x 4
42MM ALLEN HEAD BOLT

Part 102 x 2
CURVED WASHER

Part 103 x 12
STAR WASHER

Part 83 x 8
15MM MACHINE SCREW

Part 99 x 8
FLAT WASHER

Part 68 x 2
CONNECT SOCKET

Part 94 x 2
95MM ALLEN HEAD BOLT

TOOL

Part 109 x 1
ALLEN KEY / SCREW DRIVER

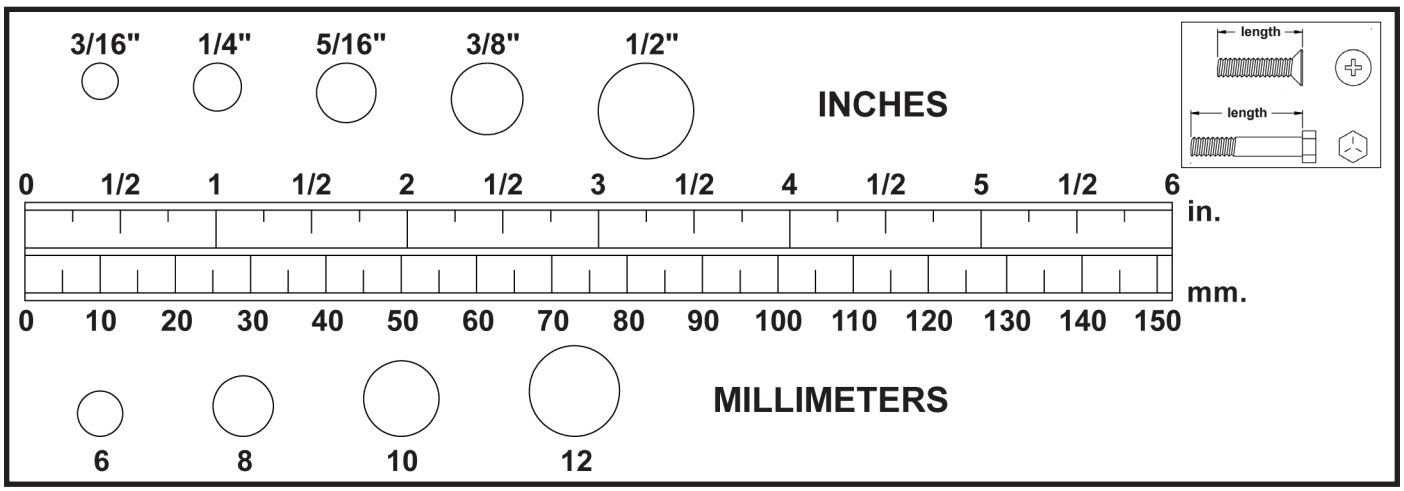
Part 110 x 1
ALLEN KEY

Part 113 x 1
LUBRICATION OIL

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

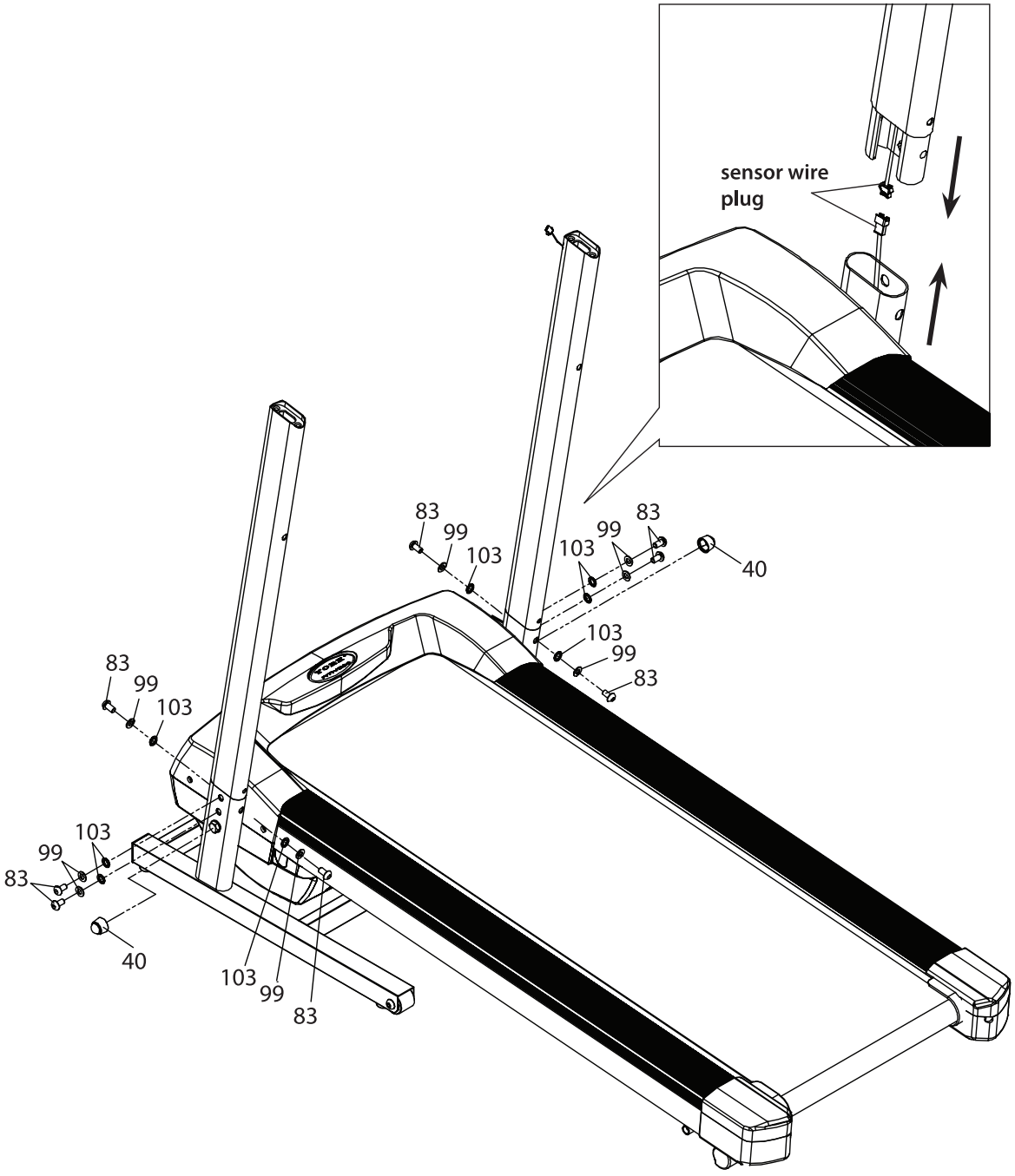
NOTE: THE LENGTH OF ALL BOLTS AND SCREWS EXCEPT THOSE WITH FLAT HEADS IS MEASURED FROM BELOW THE HEAD TO THE END OF THE BOLT OR SCREW. FLAT HEAD BOLTS AND SCREWS ARE MEASURED FROM THE TOP OF THE HEAD TO THE END OF THE BOLT OR SCREW.



STEP 1

1. Rest the right handle bar post, beside the main frame and close to the handle bar mounting tube carefully.
2. Connect the sensor wire plug to the middle wire socket protruding at the base of the right handle bar post. NOTE: Ensure the wires are connected as tightly as possible.
3. Fix the uprights in place at the base using 8 x screws (83), 8 x flat washers (99) and 8 x star washers (103).
4. Position bolt cap (40) over the protruding bolt.

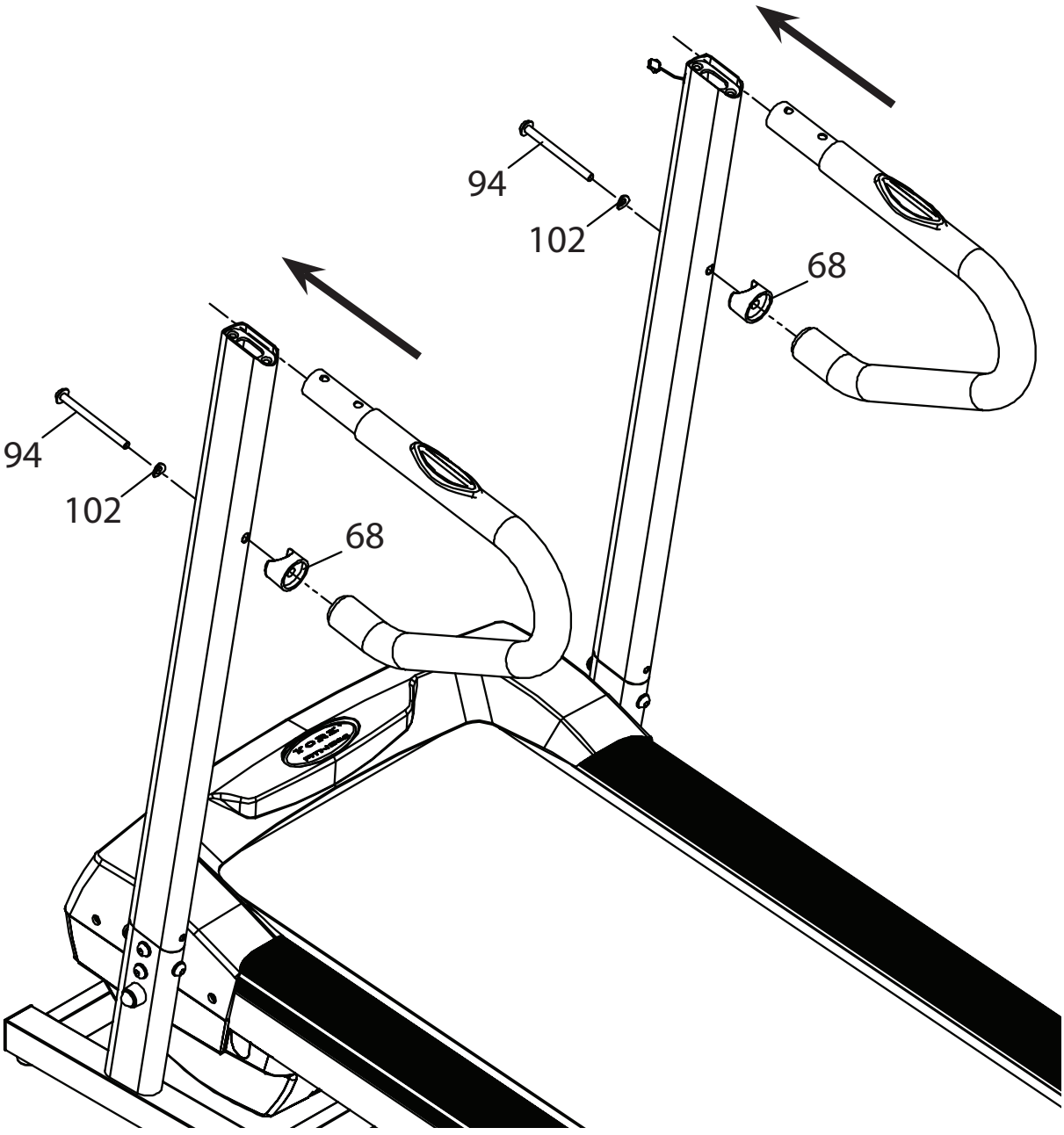
	Part 40 x 2 PLASTIC BOLT CAP
	Part 99 x 8 FLAT WASHER
	Part 103 x 8 STAR WASHER
	Part 83 x 8 15MM MACHINE SCREW



STEP 2

1. Attach the handlebars onto the handlebar post via plastic connect socket (68) properly as shown.
2. Fit the handlebar in position with 2 x allen head bolt (94) and 2 x curve washer (102) from the front end of the handlebar post.

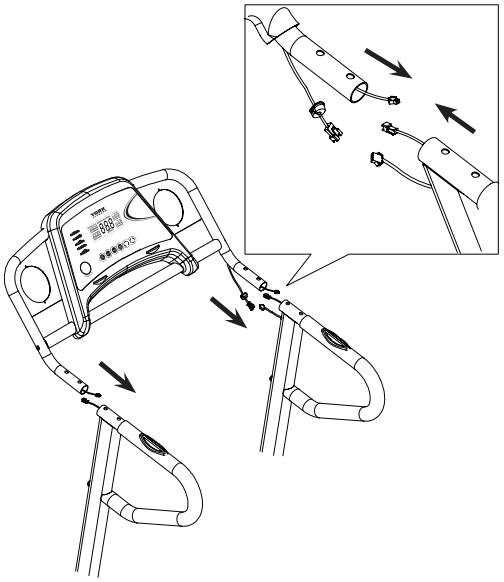
	Part 68 x 2 CONNECT SOCKET
	Part 102 x 2 CURVED WASHER
	Part 94 x 2 95MM ALLEN HEAD BOLT

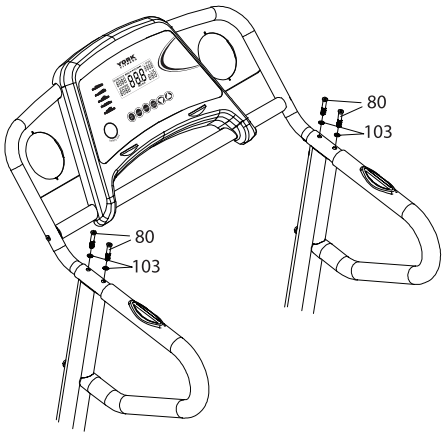


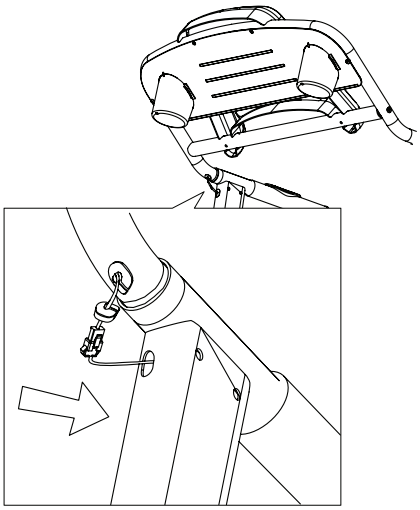
STEP 3

1. Ask someone to help you hold the console assembly in front of both handlebar posts closely.
2. Connect the computer wire plugs to the hand pulse sensor wire sockets protruding at the top of the handlebar post.
   NOTE: Ensure the wires are connected as tightly as possible; Slide the rest of the connect wires into the computer console post before the handlebar post attachment.
3. Attach the computer console onto the handlebar post mounting brackets and secure, using 4 x bolts (80) and 4 x star washers (103). If the console will not align and fit easily, loosen the bolts fitted so far then try again.
   NOTE: Ensure the wires do not get trapped when you attached the computer console assembly. Ensure the wires do not get trapped when you secure the bolts to the handlebar posts.
4. Connect the computer wire plug to the middle wire socket protruding at the front end of the right handlebar post.
   NOTE: Ensure the wires are connected as tightly as possible.
5. Feed the excess wires and connectors into the right handlebar post and cover by cable insert (74).

	Part 80 x 4 42MM ALLEN HEAD BOLT
	Part 103 x 4 STAR WASHER
	Part 74 x 1 CABLE INSERT



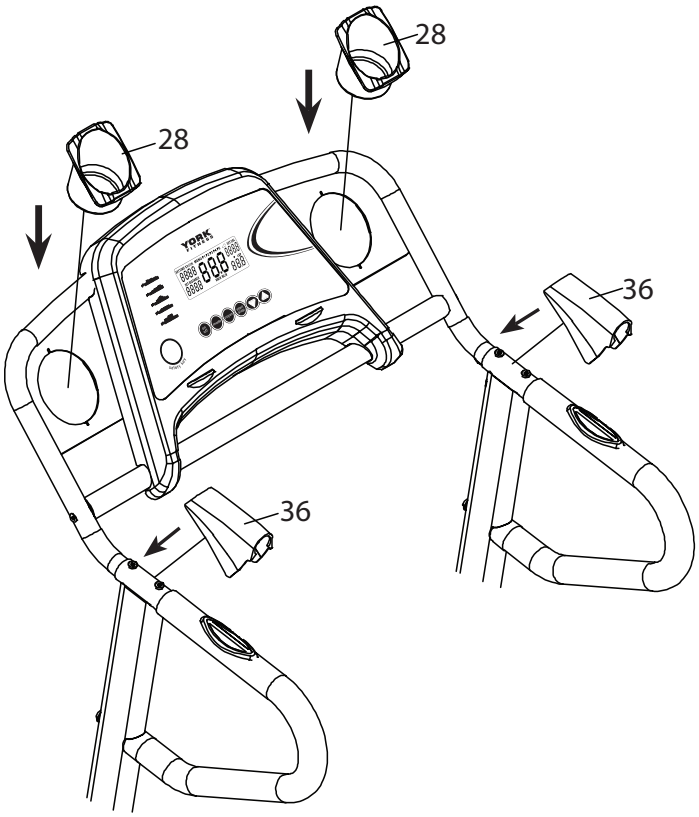




STEP 4

Before you attach the plastic covers, make sure all the screws / bolts are fully tightened.

1. Attach all 2 handlebar covers and 2 cup holders into position securely as shown.



FINAL CHECK

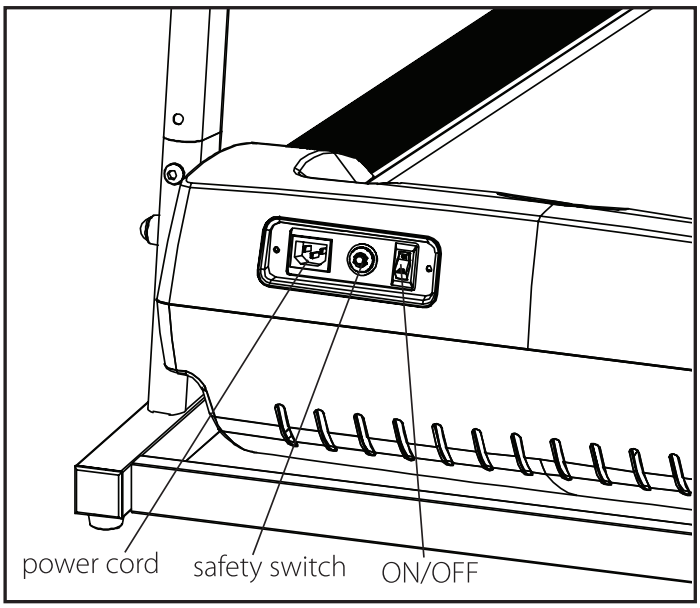
Your **York Inspiration Treadmill** is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

POWER UP

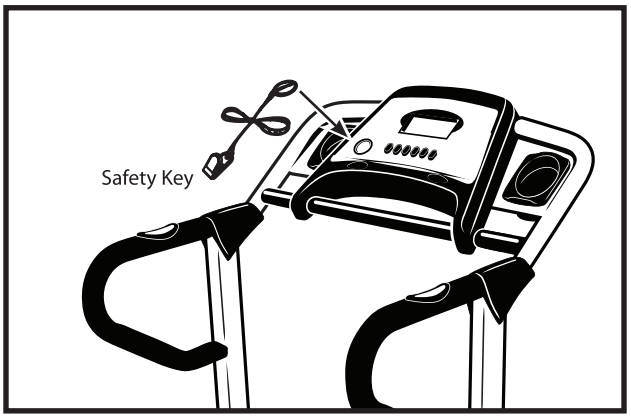
1. Plug one end of power cable into the treadmill as shown.
2. Plug the other end into a suitable AC outlet (220-240 volt, 50Hz).
3. Switch the treadmill on using the on/off switch.
4. Attach the safety key to the console.

NOTE: BEFORE YOU RUN ON THE TREADMILL FOR THE FIRST TIME, USE THE QUICK START INSTRUCTION AND ALLOW THE TREADMILL TO RUN INDEPENDENTLY FOR 10 MINUTES. CHECK THE RUNNING MAT IS TIGHTENED CORRECTLY AND RUNS SMOOTHLY. IF YOU THINK THE MAT NEEDS ADJUSTING PLEASE SEE NEXT PAGE FOR MORE DETAILS.



SAFETY KEY

The treadmill will only operate when the safety key is in position - if the safety key is removed while the treadmill is in operation, it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use, you should remove the safety key and store it somewhere safe, out of the reach of children.



ADJUSTING RUNNING MAT TENSION

NOTE: CHECK LUBRICATION BEFORE ADJUSTING THE MAT AS SYMPTOMS CAN BE SIMILAR.

The tension of the mat has been pre-set at the factory; however, with use the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

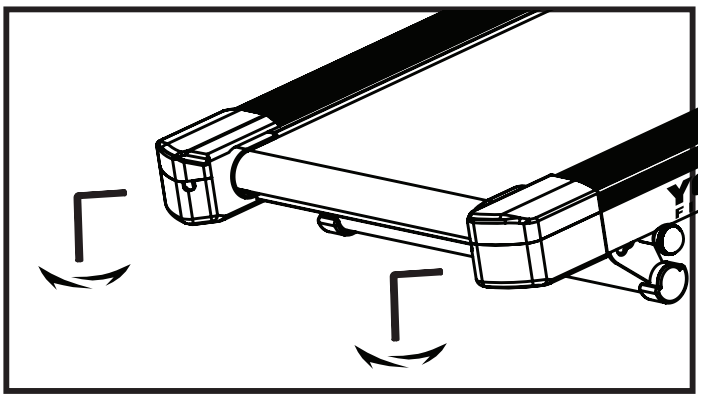
1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise.
4. Re-test the mat tension. If the mat still slips, repeat step 3.
5. TIP: When correctly tensioned you should be able to lift the edge of the mat about 5 - 7cm - please only check this when the power is turned off.

NOTE: IF THE MAT IS TOO TIGHT, TURN THE SCREWS ANTI-CLOCKWISE. DO NOT OVER TIGHTEN THE MAT - ONLY TURN THE SCREWS 1/2 TURN BEFORE RE-CHECKING THE MAT.

ADJUSTING RUNNING MAT ALIGNMENT

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg. more weight on one foot), or if it's placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. If your mat moves to the right, using the allen key provided, adjust the right screw by 1/2 turn clockwise. (If it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3.



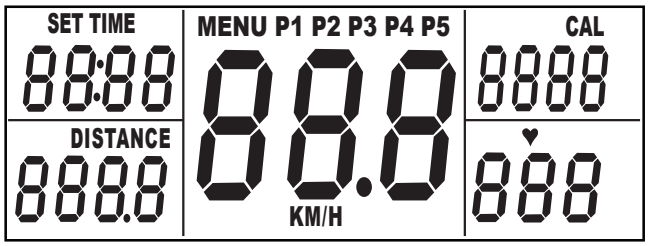
OPERATION INSTRUCTIONS

BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you feel more comfortable.

QUICK START

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.
2. Press the **"START / STOP"** button.
3. Use the **"+ / -"** buttons to change the speed and incline.



Screen Display

CONSOLE DISPLAY AND FEEDBACK

FUNCTIONS	DESCRIPTION
TIME	Time exercised this session; default controls up from zero, but counts down if a target has been set.
SPEED	Current speed the treadmill is providing, in km/h.
DISTANCE	Distance travelled this session; default counts up from zero, but counts down if a target has been set.
CALORIES	Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set.
PULSE	Current heart rate in beats per minute (BPM).

BUTTON FUNCTIONS

BUTTONS	PRE-WORKOUT	DURING WORKOUT
MODE M	Enter target value to set.	n/a
PROGRAM P	Press repeatedly to select to program (P1 to P5).	n/a
START / STOP ■/►	Activates the running mat and starts the workout.	Stops the running mat and pauses your workout - press again to resume.
SPEED ▲ ▼	Adjust values in target setting mode.	Increase or decrease the speed, press and hold for rapid speed change.
ON / OFF	Turns the power on and off.	Turns the power on and off.

OPERATION INSTRUCTIONS

MANUAL PROGRAM

To use the treadmill in the manual mode (user controls the speed and incline settings throughout the workout) please follow the Quick Start instructions.

TARGET PROGRAMS

You can also choose to workout by setting yourself a target based on time, distance travelled or calories burned. When you reach your time, the treadmill will beep and end the workout by coming to a stop.

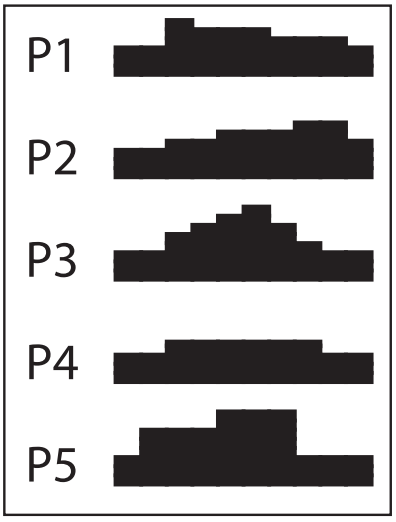
PROGRAMS	DESCRIPTIONS
TARGET TIME	*1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.* *2. Press "MODE" until "30:00" is flashing in the time window.* *3. Use the "UP/DOWN" buttons to set your workout time (8:00 ~ 99:00MIN).* *4. Press "START" to begin your workout.*
TARGET DISTANCE	*1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.* *2. Press "MODE" until "5.0" is flashing in the distance window.* *3. Use the "UP/DOWN" buttons to set your workout distance (1.0 ~ 999.0km).* *4. Press "START" to begin your workout.*
TARGET CALORIES	*1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.* *2. Press "MODE" until "50" is flashing in the calories window.* *3. Use the "UP/DOWN" buttons to set your workout calories (10~9990CAL).* *4. Press "START" to begin your workout.*

PRE-SET PROGRAMS

This treadmill comes with 5 pre-set speed programs - meaning the speed will adjust automatically throughout the workout:

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.
2. use the "PROGRAM" button to choose your workout (P1 to P5).
3. Use the "UP/DOWN" buttons to set your workout time (8:00~99:00).
4. Press "START" to begin your workout.

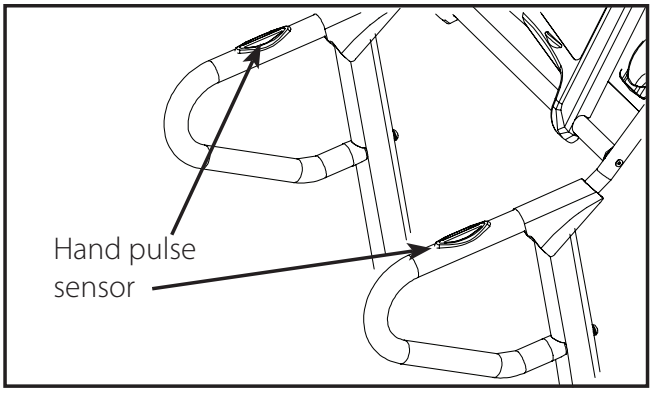
NOTE: YOU CAN CHANGE THE SPEED (1.0 ~ 12.0 KM/H) AT ANY POINT DURING THE WORKOUT AND THE REST OF THE SEGMENTS WILL BE ADJUSTED BY SCALE AUTOMATICALLY.



MONITORING YOUR HEART RATE

The treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

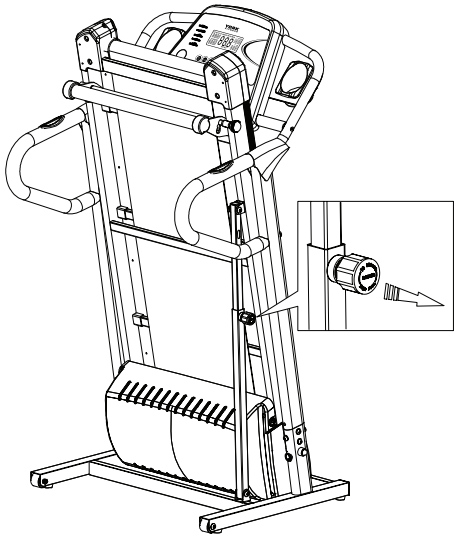
NOTE: SOME PEOPLE MAY NOT BE ABLE TO OBTAIN AN ACCURATE HAND PULSE READING DUE TO VARIATIONS IN CIRCULATION.



STORAGE

Fold-up: Simply pull the knob with your right hand and lift the running deck to fold (with your left hand). Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.

Fold-down: Whilst taking the weight of the deck with your left hand, pull the knob with your right hand. Still holding onto the deck, guide it slowly down to the floor. Make sure there is nothing obstructing the deck as you lower it.

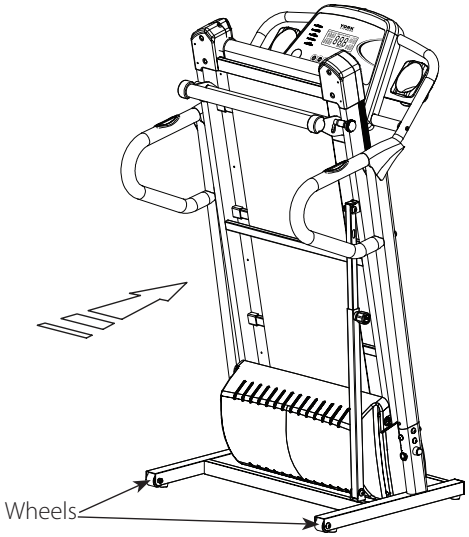


MOVING THE TREADMILL

This treadmill features 2 non-marking wheels to help manoeuvrability:

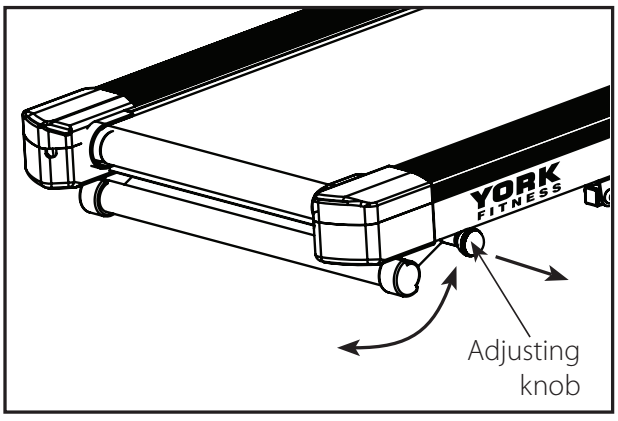
1. Fold-up the deck as explained above.
2. Stand in front of the treadmill, square on.
3. Put one hand on each of the handrails and tilt the treadmill towards you.
4. Use the handrails to push the treadmill to the desired location.

NOTE: Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill.



ADJUSTING THE INCLINE

1. Use your left hand to hold the rear of the treadmill up.
2. Use your right hand to pull the knob to adjust the rear stabilizer assembly to the desired height you wish then release the knob.
3. Lower down the main frame to the floor gently before using the treadmill.



STORAGE

Keep the treadmill in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use.

CLEANING

Use a warm, damp cloth to wipe the treadmill surface. Mild detergent may be used if necessary. Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

LUBRICATION

NOTE: KEEPING THE DECK LUBRICATED IS THE MOST IMPORTANT ACTIVITY YOU CAN CARRY OUT TO PROLONG THE LIFE OF YOUR TREADMILL.

An insufficiently lubricated deck will cause the running mat, running deck and motor to wear out much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months.
- Medium use (3 to 5 hours a week) - every 4 months.
- Heavy use (more than 5 hours a week) - every 2 months.

You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can.
    - *If your hand gets a light coating of lubricant then no further lubrication is required.*
    - *If the surface feels dry and your hand feels clean, then apply more lubricant.*

NOTE: IF IN DOUBT APPLY A LITTLE LUBRICANT.

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to the centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com.

STARTING YOUR WORKOUT

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Begin each workout with a warm up session - a few minutes of stretching to help prevent strains, pulls and cramps:

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails. (Either side of the running mat)
2. Activate the treadmill. (Using the details found in the Operation Instructions)
3. The treadmill will start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

FINISHING YOUR WORKOUT

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails. (Either side of the running mat)
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.
7. End each workout with a cool down session - a few minutes of stretching to help prevent strains, pulls and cramps.

CORRECT RUNNING FORM

- Run in the centre of the running mat.
- Keep your head up and look straight ahead.
- Shoulders should be square and level, don’t round your shoulder or swing them forwards or backwards.
- Keep your torso straight with the chest up so there’s plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

HOW LONG SHOULD I EXERCISE FOR?

That really depends on your current level of fitness. If you’re just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don’t push yourself too hard - you should never feel exhausted during or following exercise.

HEART RATE TRAINING

To get the most out of your new equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

GOOD HEALTH - For those wishing to improve quality of life and general well being. Your session will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

WEIGHT LOSS - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

IMPROVING FITNESS LEVELS - These sessions should be performed at 70- 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hours rest between sessions.

CALCULATING YOUR TARGET HEART RATE

First, you need to find your estimated maximum heart rate using the formula “220 minus your age in years”. If you are 35 years old, your estimated maximum heart rate is: 220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better heart: 185 x 60% = 111bpm

TIP: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (If your machine has a wireless receiver) or a heart rate monitor.

TARGET HEART RATE ZONE ESTIMATED BY AGE*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:

220 - AGE = PREDICTED MAXIMUM HEART RATE

TROUBLESHOOTING

IF YOU HAVE A PROBLEM WITH YOUR TREADMILL, BEFORE YOU DO ANYTHING ELSE PLEASE CHECK THAT ALL THE CABLES HAVE BEEN CONNECTED CORRECTLY. LOOSE CABLES ARE VERY COMMON AND MANY PROBLEMS CAN BE SOLVED BY MAKING SURE THE CABLES ARE PROPERLY CONNECTED.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
TREADMILL WILL NOT START	• Not plugged in. • Safety key not on correctly. • Treadmill circuit breaker. • Switched off. • Loose connection.	• Plug into suitable outlet. • Insert safety key. • Reset circuit breaker. • Turn the switch on. • Un-plug and re-plug electrical cord.
RUNNING MAT SLIPPING	• Running mat loose. • Deck needs lubrication.	• Tighten running mat. • Lubricate mat and deck.
TREADMILL NOISY	• Loose hardware. • Motor straining. • Clicking sound - roller knocking.	• Tighten all visible screws, nut, and bolts. • Check mat tension - 3 finger test. • Adjust rear rollers - check the tension.
INACCURATE PULSE RATE	• Too much hand movement. • Palms too wet. • Gripping hand grips too tight. • Wearing rings.	• Stand on side rails to get accurate pulse reading. • Dry palms. • Grip using moderate pressure. • Remove all rings.

MALFUNCTIONS AND ERRORS

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental errors and prepare it for normal operation. If there is still a problem, call your local YORK® distributor for advice. Please find below some specific error messages you may see on the display:

- E1 - Communication error.
- E2 - Motor connection error.
- E3 - Speed sensor error.
- E4 - Relay error.
- E5 - Over electrical current error.
- E6 - Running mat over speed error.
- E7 - Safety key error.

In the event of an electrical failure the treadmill will automatically shut off. To restart the treadmill:

1. Unplug the power cable from the treadmill.
2. Push in the safety switch.
3. Re-plug the power cable into the treadmill.

WARRANTY

THIS EQUIPMENT IS SUPPLIED WITH A STANDARD WARRANTY AS FOLLOWS:

- Lifetime frame
- 12 months other parts
- 12 months labour

This equipment is warranted for use in a home, personal, family or household environment.

PLEASE NOTE: WARRANTY DETAILS MAY VARY FROM ONE MARKET AREA TO ANOTHER.

WARRANTY TERMS

York Fitness warrants that the Equipment you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the equipment during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Equipment from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the equipment, is your proof of the date of purchase.

This warranty becomes valid only if the Equipment is assembled / installed according to the instructions / directions included with the equipment. This warranty does not extend to any equipment that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the equipment; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider; (e) Direct or Indirect Damage from Natural Causes (hurricane, tornado, hail, lightning, flood, explosion, mudslide).

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the equipment (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the equipment, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and equipment replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the equipment must be returned, you must return the Equipment or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any equipment or part that is returned. Should any equipment submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

TO OBTAIN WARRANTY SERVICE YOU MUST PROVIDE THE FOLLOWING INFORMATION:

- Name of Equipment, Equipment Code, Batch No, Date Purchased, and Nature of fault or part number required.
- Neither dealer of this equipment nor any retail establishment selling this equipment has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights

REGULAR SERVING OF THIS EQUIPMENT IS RECOMMENDED EVERY 12 MONTHS. FAILURE TO DO THIS MAY VOID YOUR WARRANTY.

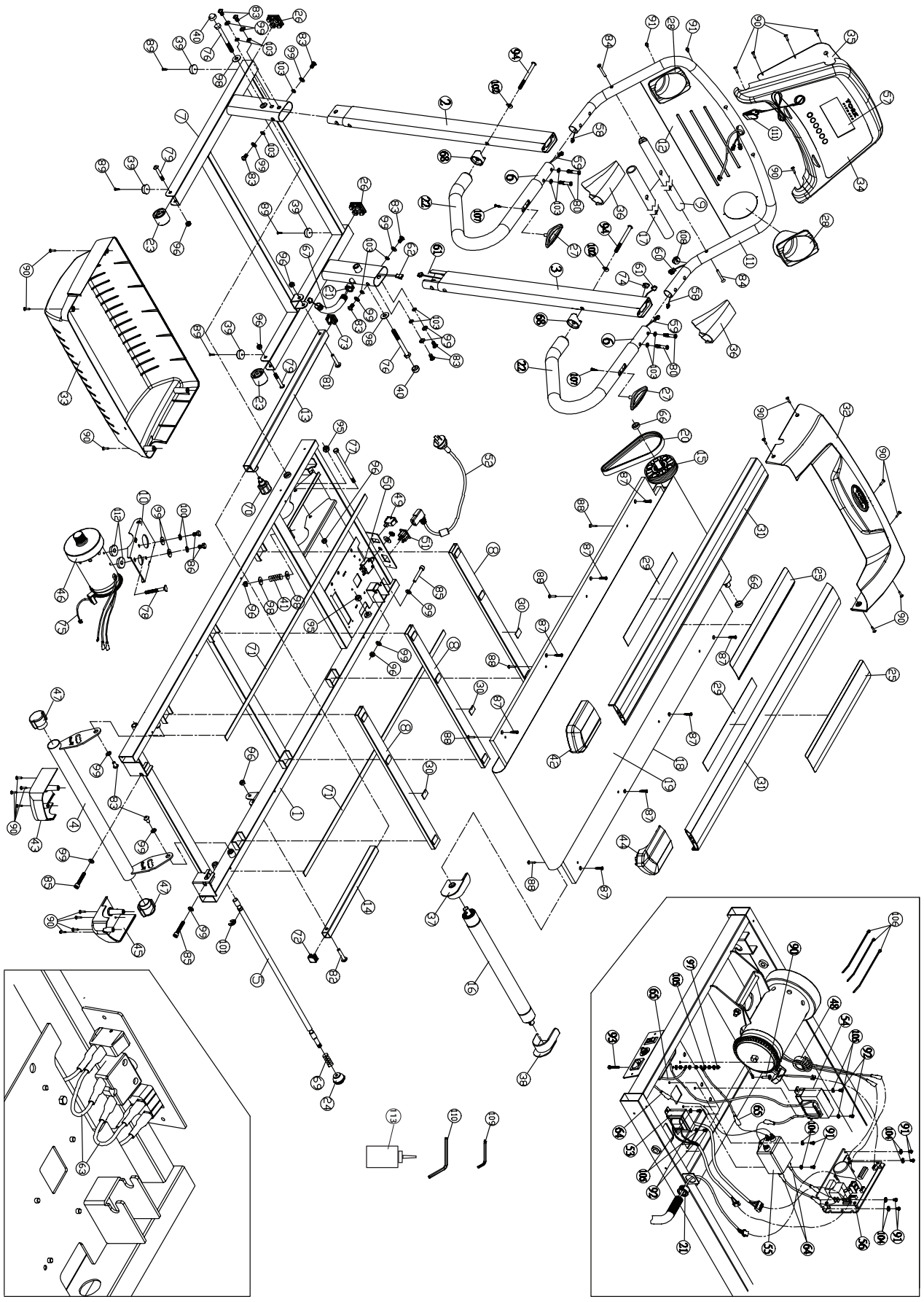
PART LIST

KEY	PART NO.	DESCRIPTION	QTY
1	51094-01	Main Frame (T)	1
2	51094-02	Left Upright (T)	1
3	51094-03	Right Upright (T)	1
4	51094-04	Incline Frame (T)	1
5	51094-04	Incline Locking Rod (ø13.8 x 610mm)	1
6	51094-06	Handlebar (T)	2
7	51094-07	Base Frame (T)	1
8	51094-08	Deck Support Rail (13 x 26 x 548mm)	3
9	51094-09	Upright Brace Tube	1
10	51094-10	Motor Bracket	1
11	51094-11	Console Support & Handlebar (T)	1
12	51094-12	Computer & Bottle Holder Mount Plate	1
13	51094-13	Lower Lift Support	2
14	51094-14	Inner Slide Lift Support (21.21 x 357mm / T1.5mm)	1
15	51094-15	Front Running Belt Roller / Pulley Wheel	1
16	51094-16	Rear Running Belt Roller (ø41.5 x 475mm)	1
17	51094-17	Foam Handgrip (ø23 x 658 x T-4mm)	1
18	51094-18	Running Deck (588 x 1120 x T-12mm)	1
19	51094-19	Running Belt (2500 x 400 x T01.6mm)	1
20	51094-20	Pulley Belt (483J-6)	1
21	51094-21	Gromet (ø22mm)	2
22	51094-22	Foam Handgrip (ø30 x 680mm)	2
23	51094-23	Transport Wheel (ø40 x 33mm)	2
24	51094-24	Hand Knob - Female Fixing (M10 x 31mm)	1
25	51094-25	Non-Slip Foot Grip (80 x 400 x T-0.5mm)	2
26	51094-26	Square Flat Internal End Cap (SQ-38mm / 1.5mm tube)	2
27	51094-27	Hand Pulse Sensor	2
28	51094-28	Bottle Holder (T)	2
29	51094-29	Double-side Tape (350 x 35 x 1.5mm)	2
30	51094-30	Foam Pad (35 x 25 x T-2mm)	12
31	51094-31	Foot Rail (1016mm)	2
32	51094-32	Top Motor Cover (T)	1
33	51094-33	Bottom Cover (T)	1
34	51094-34	Console / Computer - Top Assembly	1
35	51094-35	Console / computer - Bottom Cover	1
36	51094-36	Cover - Handlebar	2
37	51094-37	Rear Roller Guard - Left	1
38	51094-38	Rear Roller Guard - Right	1
39	51094-39	Rubber Foot (ø28 x ø24 x 12.5mm)	4
40	51094-40	Round Plastic Bolt Cap (17mm Hex x OD-23.5 x 22mm)	2
41	51094-41	Spring (ø2.0 x ø16.5 x 36.5mm)	1
42	51094-42	Rear Left Endcap - Upper (T)	1
43	51094-43	Rear Left Endcap - Lower (T)	1
44	51094-44	Rear Right Endcap - Upper (T)	1
45	51094-45	Rear Right Endcap - Lower (T)	1
46	51094-46	Driver Motor (1HP)	1
47	51094-47	Round Internal / Semi External End Cap	2
48	51094-48	Ferite Core	1
49	51094-49	On/Off Rocker Switch	1
50	51094-50	Circuit Breaker Module (10A)	1
51	51094-51	Power (Kettle) Socket	1
52	51094-52A	Power Cable (90° 3 pin UK [L1750mm])	1
	51094-52B	Power Cable (90° 3 pin AUST. / N.Z. [L2000mm])	1
	51094-52C	Power Cable (90° 2 pin EU [L2000mm])	1
53	51094-53	Transformer (TD0000031)	1
54	51094-54	Choke / Transformer	1
55	51094-55	Filter (115 / 250V AC)	1
56	51094-56	Controller PCB	1
57	51094-57	Main PCB	1

KEY	PART NO.	DESCRIPTION	QTY
58	51094-58	Hand Pulse Cable - Upper (850mm x 2pin)	2
59	51094-59	Hand Pulse Cable - Lower (200mm x 2pin)	2
60	51094-60	Computer Cable - Upper (900mm x 4pin)	1
61	51094-61	Computer Cable - Mid (900mm x 4pin)	1
62	51094-62	Computer Cable - Lower (500mm x 4pin)	1
63	51094-63	Connect Cable (100mm)	2
64	51094-64	Connect Cable (100mm)	1
65	51094-65	Connect Cable (100mm) - Earthing	2
66	51094-66	Plastic Spacer (OD - 22 x ID15 x 7mm)	2
67	51094-67	Cable Funnel (ø15 x 18 x 193mm)	1
68	51094-68	Connect Socket (ø38 x 27mm)	2
69	51094-69	Spring (ø13.2 x 41mm)	1
70	51094-70	Pull Plunger (M16 x 15 x 1.5mm)	1
71	51094-71	Foam Strip (1050 x 15 x T-1.5mm)	2
72	51094-72	Square Flat Internal Cap (SQ-21mm / 1.5mm tube)	1
73	51094-73	Square Flat Internal Cap (SQ-25.4mm / 1.5mm tube)	1
74	51094-74	Oval Grommet / Cable Insert (14 x 20 x T10mm)	1
75	51094-75	Sensor & Wire (18.5 x 30 x 220mm)	1
76	51094-76	Hex Head Bolt (M10 x 100mm)	2
77	51094-77	Hex Head Bolt (M8 x 125mm)	1
78	51094-78	Carriage Bolt (M8 x 70mm)	1
79	51094-79	Round Allen Head Bolt (M8 x 45mm [6mm Allen])	2
80	51094-80	Flat Allen Head Bolt (M8 x 42mm [6mm Allen])	4
81	51094-81	Round Allen Head Bolt (M8 x 40mm [6mm Allen])	1
82	51094-82	Round Allen Head Bolt (M8 x 35mm [6mm Allen])	1
83	51094-83	Round Allen Head Bolt (M8 x 15mm [6mm Allen])	10
84	51094-84	Countersunk Allen Head Self Tapping Screw	2
85	51094-85	Cap Allen Head Bolt (M8 x 50mm [6mm Allen])	3
86	51094-86	Hex Head Bolt (M8 x 15mm)	2
87	51094-87	Countersunk Philips Head Self Drilling Screw (10x30mm)	8
88	51094-88	Round Flange Philips Head Self Tapping Screw (4x25mm)	8
89	51094-89	Round Flange Philips Head Self Tapping Screw (5x20mm)	4
90	51094-90	Round Philips Head Self Tapping Screw (4 x 16mm)	30
91	51094-91	Round Philips Head Machine Screw (M5 x 8mm)	10
92	51094-92	Round Philips Head Machine Screw (M4 x 8mm)	4
93	51094-93	Hex Head Bolt (M4 x 25mm)	1
94	51094-94	Round Allen Head Bolt (M8 x 95mm [6mm Allen])	2
95	51094-95	Nyloc Nut (M10)	2
96	51094-96	Nyloc Nut (M8)	7
97	51094-97	Hex Nut (M4 x T-3.2mm)	4
98	51094-98	Flat Washer (ID 10.5 x OD 21 x T 2mm)	3
99	51094-99	Flat Washer (ID 8.5 x OD 16 x T 1.5mm)	16
100	51094-100	Spring Washer (ID 8.5 x OD 16 x T 1.5mm)	2
101	51094-101	E Clip (E12)	1
102	51094-102	Curved Washer (ID 8.5 x OD 16 x T 1.5mm)	2
103	51094-103	Star Washer (OD 15 x ID 8.5 x T 0.7mm)	12
104	51094-104	Star Washer (OD 5.2 x ID 10 x T 1mm)	6
105	51094-105	Star Washer (OD 4.2 x ID 8 x T 1mm)	8
106	51094-106	Cable Tie (3 x 190mm)	3
107	51094-107	Countersunk Philips Head Self Tapping Screw	2
108	51094-108	Round Grommet / Cable Insert (ø16.5 x 11.5mm)	1
109	51094-109	Philips Screwdriver & Allen key	1
110	51094-110	Allen Key (6 x 86mm)	1
111	51094-111	Safety Key	1
112	51094-112	Plastic Spacer (ID 8.5 x OD 25 x T 5mm)	2
113	51094-113	Bottle of Lubricant (300cc)	1

Ver. 08.31.2009 / 51094

EXPLODED DRAWING



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